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thelineup

fitness .....pgs 4-5
dance .....pg 6
gymnastics .....pg 7
baseball .....pgs 8-9
lacrosse..... pg 11
football.....pgs 12
basketball ..... pg 13
soccer..... pg 14
hockey.....pgs 19-21

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The Core, continued...

By Gwen MacLean for Living Balance Clinic

A summary of my last article to refresh your memory...

The core muscles consist of two corsets: an inner and an outer. The inner corset has direct connections to the spine, and its contraction is crucial for low back stability. The outer corset does not have direct connections to the spine but acts to bend your trunk forward and twist it to each side.

The main muscle of the inner corset is the transversus abdominis. Its role is to compress the lower abdomen and tighten the lumbar fascia. The contraction of its lower fibres between the pubic bone and navel is crucial for low back stability. It does not bend, twist, or tilt the trunk.

The inner corset muscles are used to support your lower back to prevent problems from happening – and only 10 to 25 percent of your maximum effort is needed to create proper support. They are more difficult to activate and can be weak if you always focus on working the outer corset muscles. If you find you do not have good TA activation, you should focus on TA exercises before continuing with outer core muscle exercises.

How to Activate your Transversus Abdominis – Part 2

In my last article, I explained how to feel your transversus abdominis when kneeling. I suggest not graduating to this next exercise until you can feel a centralized lift in your core, mild activity in your lower abdomen and lumbar muscles independent of any contraction in your pelvic floor.

The following exercise is the next step in understanding proper TA engagement to help stabilize and support your low back.

Position yourself on a mat or carpet on your hands and knees. Align your wrists under your armpits and knees under your hips where your upper thigh and pelvis meet. If your ankles are uncomfortable, you can place a rolled-up towel under them. Relax your pelvic floor from any tightening or gripping.

Spread your fingers open and turn your arms out so the elbow creases face forward. Move your shoulder blades gently down your back and press your palms and fingers into the floor. Direct your gaze about one foot in front of your hands. Let your abdomen relax. Take a few moderate breaths through your nose, filling the front and back of your ribcage.

After a few breaths and on an exhale, very slowly draw your abdomen in between your pubic bones and navel and towards your back waist. Only a maximum of 25 percent engagement is needed. You should feel activity in your low back but no movement of your spine. Hold this for one breath in and one breath out and then release. If breathing is difficult, you are probably engaging the outer core muscles. It may take a bit to understand engaging just the TA muscles. Work up to holding for eight breath cycles.

www.livingbalanceclinic.ca

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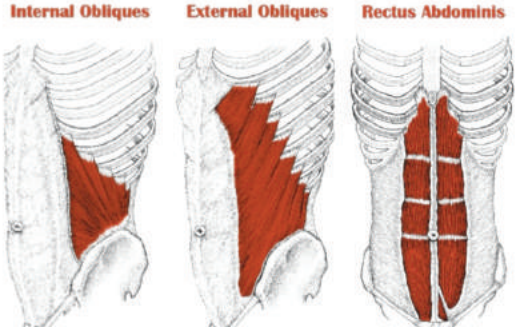

Outer Corset Muscles

Inner Corset Muscles

SportsXpress Network

January/February 2022

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Phones and athletes' performance

By Larissa Mills for The Mental Game Academy

Is phone time impacting athletes' performance?

Signs of Phone/Gaming Addiction

- Constant phone/gaming use. Staying up late.
- Lazy, anxious, irritable, depressed.
- In their rooms on devices 24/7.
- Won't spend time with family or friends.
- Going over data each month.

As an Educational Behaviour Consultant, mother of three, and coach of 20 years, I can safely say that phones are changing athletes' mindsets and behaviours. I have learned from physicians, administrators and teachers in interviews that they want athletes to curb the use.

Larissa Mills is the host of the 'The Mental Game' sports podcast

I asked them to elaborate on this statement.

"It is like coaching robots that don't interact or care to learn anymore about being a better athlete."

"We can manage coaching with hormones, but not with phones."

Coaches are seeing athletes show up fatigued, lazy, unmotivated, and confused with no energy. What is collectively observed is the lack of social skills and mental skills that don't allow athletes to handle any challenges. More kids are dropping out of their sport every year. They simply can't handle the pressure or feedback as well.

How to Prevent Addiction

1. DELAY, delay, delay.

More parents want to delay – but don't. Unless parents parent, children won't put screens down. Kids look at their phones 80 times a day on average. This is training their brain to do it and want that dopamine. We are allowing them to feed this habit.

2. Set boundaries and rules for your home.

Don't cave – ever. Stick to the rules and create them as a family. Set consequences together, too. This can be fun. No phones in their rooms. Keep alarm clocks in their rooms. Teach them to use their phones and where to use them (See 30 DAY Phone Addiction DETOX Program).

3. Routines are as healthy as love for kids.

Maintain routines as best you can. First, set up homework, chores, playing outside, sports, etc. Create clear expectations so kids do things. Routines for practice and games are important to create. Watch, there will be no more nagging. Well, not as much ...

4. Sports, Arts, Music. Sign them up!

Keep children engaged athletically and find them a hobby. Activities are multifactorial in their development. This helps to build socialization skills, resilience, and confidence. They are invaluable.

5. Face time, not FaceTime, for family.

Family dinners, family events with grandparents are a good start. However, playing cards, reading to them, hugging them and affection is more important now than ever in these times of isolation. Create traditions and go on holidays (age dependent, of course).

6. Socialization.

If children don't bond and form secure attachments to their parents, they can't develop the remaining psychological steps concretely. If children don't pass through this stage, they will have gaps in their overall development.

Email mentalgameacademy@gmail.com for TIPS, strategies, podcasts, courses, and videos to set up rules, expectations, and guidelines for children at all ages to balance life with technology. In order for athletes to reach optimum performance, they need to focus on mental skills.

Dance Camp +

By Richelle Hirlehey for Dance Extreme

STEM, creative, visual and media arts, days filled with DANCE and specialized programming that varies week to week!

Dance Extreme Inc is excited to announce that we will be offering a NEW format to our Full-Day Summer Dance camp programs for the summer of 2022. Summer camp at Dance Extreme Inc will look different this summer – but your child is going to love it. Your child will start their morning with a variety of dance classes, creative challenges and outdoor activities. In the afternoon, they will choose their specialized afternoon experience for the week at the time of registration.

Some of the fantastic afternoon specialized streams that Dance Extreme camps will offer include:

- Dance Streams - Hip Hop, Learn to Choreograph & Healthy Cooking
- Visual Art Multi-Media
- Science and Technology
- Music Video Production
- Fashion Design
- Circus Arts

* Please note this is not an exhaustive list of specialized streams. Further info is available on our website.

Dance Extreme knows that when choosing a summer camp for your child(ren), the decision is three-fold;

- You expect a safe environment and quality care;
- You want engaging and dynamic programming and instructors;
- The bonus: Your child learns new skills to support their growth and development.

Our camp programming includes a wonderful culminating showcase of your child's accomplishments throughout the week. Each camper and their family will receive a recording of their child's final products created both in their morning dance classes and their afternoon specialized stream.

Dance Extreme Inc's mission is to 'awaken the greatness within your child.' While keeping with our high-quality dance instruction, we know our REDESIGNED summer camp has something for every child and we will ignite the light within your child through summer camp programming excellence. To learn more about programs offered please visit:

www.danceextreme.com

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A New Year's recognition

Submitted by London Mens Baseball League

As the New Year arrived, LMBL players and executives wanted to take time to look back on the last year and recognize someone who really deserves it.

An organization is like a baseball team – you need players with complementary skills to work and play in different positions for it to run properly and efficiently.

LMBL players, managers, sponsors, the City of London and the executive team plan and execute a strategy for the league to have a successful season long before any game is even played.

With any strong organization, there are a lot of moving parts – with most of these parts moving behind the scenes. The LMBL is no different, and the man responsible for the lion's share of the league's administration and direction is an unsung hero – Korey Richardson.

Korey is the Secretary Treasurer for the LMBL. The league has grown by more than 40 percent over the past six years. And the popularity and awareness within London continues to grow with Korey's leadership.

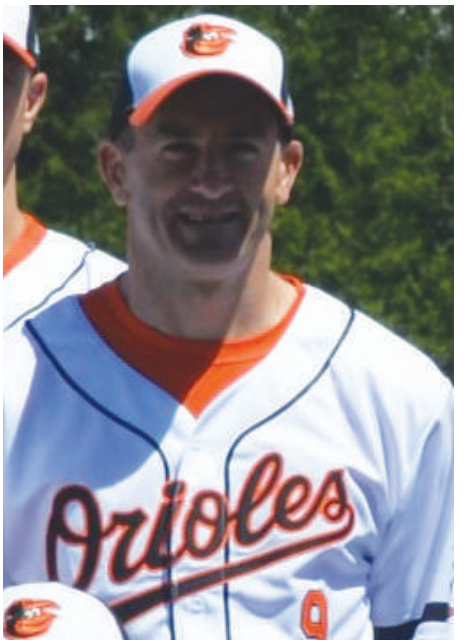
A jack of all trades, Korey manages league meetings, the registration of every single player, pre-season practices, game scheduling and, most importantly, the LMBL's Championship Sunday in September. Simply put, Korey is the most vital person to the LMBL's executive team and the league's membership.

> "Simply put, Korey is the most vital person to the LMBL's executive team and the league's membership."

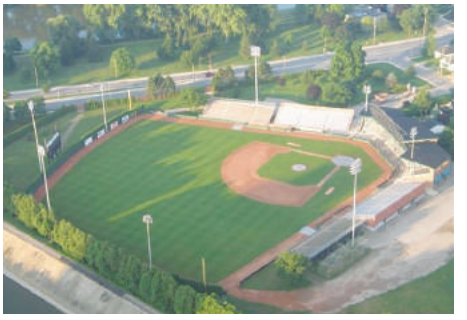
Korey makes his home in Byron, not too far from Optimist Sports Complex where we play some of our LMBL games. A great family man, he's married with two children and two chocolate labs. When Korey isn't working as a National Payroll Manager or organizing the LMBL, you'll find him walking his two dogs or out in the wilderness.

Please join me in thanking Korey for his valuable service to the LMBL. His unseen efforts are directly responsible for making our childhood dreams a reality by providing an opportunity to continue playing the game we love.

www.lmblbaseball.ca



Korey Richardson is the man behind the scenes – the engine of the LMBL – making the baseball experience a great one for all involved with the league.



Going to bat for the community

By April Girard-Brown

Any family with a child in sports understands how expensive it is to play. It can be easy to brush off youth sports as a luxury, but the pandemic made it clear that children require activity – for both their physical and mental health.

Unfortunately, many families cannot afford gifts for their children, or dinner every night, let alone sign them up for competitive sports. When the 10U Tincaps wanted to express appreciation to the community for the generous support they receive, they decided to sponsor a family for the holidays through LifeSpin.

LifeSpin was created by a group of sole-support mothers in 1989 to provide assistance to low-income individuals and families in London. Its mission is to achieve a stronger community that is resilient and self-reliant without judgement from others. As a volunteer-based organization, it relies on the generosity of the London community to support its efforts.

On November 28, about a month before Christmas, the 10U Tincaps brought their collected gift donations together to prepare for delivery to LifeSpin. This gave the players' families a chance to reflect on how fortunate they are and to emphasize with the young players the importance of giving back – particularly during the holiday season and the winter months.

This year, the 10U Tincaps youth baseball team got together to give back to the community – specifically, sponsoring a family for the holidays through LifeSpin.

"I think it's important for us as a team to come together and support worthwhile causes like LifeSpin that allow us to give back to families in our community," said the team's head coach, Scott Rathwell. "This also gives our athletes an opportunity to learn valuable life lessons and helps them grow as well-rounded people."

Added one 10U Tincaps player: "It felt good to do something nice for a family that needed it. Doing this as a team means we can buy more and help more people."

The 10U Tincaps hope that these actions serve as a positive example for our community and other sports teams to reach out and show kindness. After the generosity the Tincaps have seen from their community sponsors, they felt it was the least they could do. After all, it doesn't take much to do something kind for someone else – just the willingness to do so.

Article submitted by April Girard-Brown, a 'proud Tincaps parent'

www.tincaps.ca

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Registration is here!

Submitted by London Minor Lacrosse Association

Despite the challenges of the 2021 season, we're looking to put our best feet forward and spring into the 2022 lacrosse season strongly! There is no denying that the ongoing COVID-19 pandemic has made it extremely difficult for all sports and associations throughout Canada.

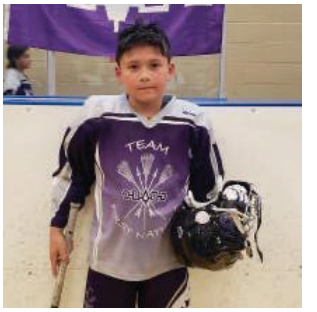
At the LMLA, we are working closely with the Ontario Lacrosse Association and the City of London to ensure that we meet all safety regulations in conjunction with putting together all our great lacrosse activities.

We know that all our lacrosse family has been missing their lacrosse friends and hitting the courts for some fast-paced lacrosse action. We plan on running a full competitive box lacrosse program and house league lacrosse program throughout the summer months.

If you aren't already, jump online and follow our socials on Instagram and Facebook to ensure that you don't miss out, or head over to the website at www.londonlacrosse.com to learn more!

Registrations open in January, so stay tuned and get your lacrosse sticks ready.

www.londonlacrosse.com



A triumphant return to sport

Submitted by the Western Mustangs

After a year away from competitive sport, Western Mustangs student athletes, coaches and staff were more than ready to get back this fall, and the results were impressive, as Mustangs teams brought home some hardware.

Provincial banners were won by the Mustangs' Women's Golf Team (OUA Champions), Women's Rowing Team (OUA Champions), Women's Softball Team (OWIFA Champions), Mustangs Football Team (Yates Cup - OUA Champions), and Men's Tennis Team (OUA Champions).

The pinnacle of the fall? On December 4, in Quebec City, the Mustangs' football won the National Championship U SPORTS Vanier Cup over the Saskatchewan Huskies in a thrilling (and cold) 27-21 victory.

Said Western's head coach, Greg Marshall: "I'm extremely proud of this group, everything we have been through. I am just so happy we got here and got this done. The fact that we got through this pandemic, and we are the champions, speaks to the resiliency of our team. I could not be happier or prouder of this group."

Meanwhile, Western's Women's Cross-Country team took Silver (2nd) and the Men's team Bronze (3rd) at their OUA Championship and the Women's team went on to also capture Silver (2nd) at the U SPORTS National Championship. Women's Rowing came in 3rd nationally, and the Men's and Women's Tennis teams both also came in 3rd in their National Championships.

Several Mustangs coaches were recognized -- provincially and nationally – for their achievements. Jeff Pacheco – with Mustangs Women's Field Hockey – won OUA Coach of the Year and U SPORTS Coach of the Year; Katherine Baer – with Mustangs Women's Rugby – won OUA Coach of the Year; Mustangs Head Coaches Cameron Cross and Anthony Glavanic were named OUA Coaches of the Year for Men's Tennis; and Charles Fitzsimmons was named Women's Golf Coach of the Year by the OUA.

The Mustangs also won some top student awards, with football player Deointe Knight winning the National U SPORTS J.P. Metras Award for Most Outstanding Lineman of the Year; Jordyn Orlando (Women's Rugby) won Most Valuable Player in the OUA's Russell Division; Evan Hillock, the rookie Mustangs quarterback who performed incredibly well in 2021, won OUA rookie of the year for football; Chloe Coutts was named OUA Rookie of the Year for Women's Cross Country; Matt Oliver won OUA Male Player of Year for Men's Tennis; and Justine Bryson and Ashton Cross were named OUA East Rookies of the Year in Tennis.

In some other exciting news, the Western Alumni Association made a substantial investment into the Western Mustangs stadium facilities, donating $1.4 million, and the stadium has been renamed the Western Alumni Stadium (formerly TD Stadium).

Of the $1.4-million donation from the Alumni Association, $1 million will be allocated for maintenance and regular upkeep of the renovated stadium grounds over the next 10 years, while $400,000 will be used for renovations of the newly named Alumni Lounge. This includes window replacement to improve sightlines of the football field, replacing the flooring, increasing the seating capacity, and updating the audio-visual equipment.

www.westernmustangs.ca

The Mustangs made a triumphant return to the football field in 2021, going all the way to win the Vanier Cup and earn national championship honours.

Western's Men's Tennis team won the OUA championship in the fall

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A return to the hardcourt

Submitted by the London Lightning

It's been nearly 700 days since the last time the Lightning played at Budweiser Gardens in front of their amazing fans. At long last, on February 11, they'll make their return as they host the Sudbury Five in the team's 2022 home opener.

The 2022 season marks the Lightning's (and the league's) historic 10th anniversary season, which will feature an innovative 24-game schedule including games against US-based teams from the TBL while also playing against the Ontario-based Sudbury Five, Windsor Express and KW Titans.

After a hot start to their 2019-20 season (and a disappointing cancellation due to the COVID-19 pandemic), the Lightning are back and revamped for a new National Basketball League of Canada season. At print time (mid-January), the Lightning had four players signed, including two returning players – point guard Jaylon Tate and forward Mareik Isom.

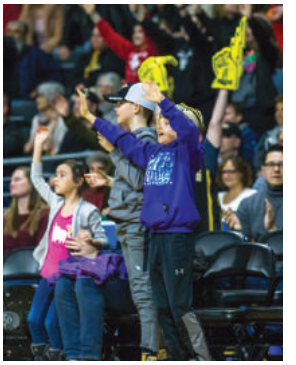
Tate is a 6-foot-3 American who most recently played with the G-League affiliate teams for the Golden State Warriors and Los Angeles Lakers organizations during the off-season. Fans will get to see a healthy Tate, who only played six games last season, as he leads the team from the point guard position. Isom, meanwhile, was a steady contributor and starter in 2019-20 while dealing with a wrist injury which hampered his shooting. He, too, is now healthy and ready to showcase his skills for Lightning fans.

Joining Tate and Isom this season is Canadian forward Jordan Jensen-Whyte, a 6-foot-5 Canadian who last played with Team Canada's Men's 3X3 team that qualified for the Olympic Qualifiers and won Canada's first FIBA 3X3 series. Another signee is American guard Marlon Taylor. He enjoyed a successful LSU career before signing a 10-day exhibit contract with the Washington Wizards and playing for their affiliated G-League team.

Coach Doug Plumb is back for his second season at the helm, and he looks to build on the winning culture and a Central Division leading 15-8 record that London posted prior to the season's cancelation back in 2019-20. Coach Plumb had a busy offseason helping build a team with the type of players that exemplify the Lightning's winning culture. By tip-off, and as the season progresses, that full roster will look to make the Lightning organization – and its fans – proud as basketball returns to the Forest City.

To view the full Lightning schedule, and to keep up to date with player signings and follow the team throughout the season (and, of course, to buy tickets), please visit www.lightningbasketball.ca. A full league schedule can be found at www.nblcanada.ca.

www.lightningbasketball.ca



For the first time since March 2020 (ie. since the COVID-19 pandemic began), the London Lightning will return to the court for a 2022 season that will feature games against NBLC opponents and teams from the TBL across the border.

Leveraging talent into new year

Submitted by FC LONDON

Steve Jobs once said, 'Great things in business are never done by one person. They're done by a team of people.'

As London TFC Academy and FC LONDON soccer club looked over the horizon into 2022, this quote rang truer than ever. With that in mind, London's club is putting the finishing touches on its technical staff for the upcoming season, as well as leveraging the talents of youth players within the club who create social media content, host events and act as ambassadors within the London soccer community.

Yiannis Tsalatsidis comes to London TFC Academy with more than 10 years of coaching experience working across all levels, including Club, University, Professional, and International. Yiannis joins us from Calgary where he worked as a Tactical Analyst and skills coach with the winningest side in the Canadian Premier League, Cavalry F.C.

"I truly believe the future of peak performance revolves around joy ... that state where you lose yourself and dare to test the limits," said Yiannis, the club's new Technical Director. "The key is embracing the challenge ... to test yourself again, and again, and again. This is all I expect of the players and staff, to stay curious about what their natural best self can be, and to go after it."

Approximately 40 Ambassadors throughout the club who help keep members motivated and engaged have been especially busy during these times. They present player-to-player, club-wide challenges on social media platforms to motivate and challenge players. Their grassroots involvement builds a real sense of community and camaraderie between teams of all ages and levels.

For the senior Men's and Women's League1 teams, the club is proud to have been a part of several journeys for players that have been called up for trials with the Canadian National Team. In January, 19-year-old UCLA player and FC LONDON alum, Kaila Novak, was called to the trials camp for the U20 women's team. Further, Belal Halbouni, an FC LONDON men's alum, who is currently playing with SV Werder Breman in Germany, has been invited to the upcoming Men's national team camp.

The club now starts gearing up for the 2022 season with the expanded use of the Tricar Field facility which now includes a clubhouse and dressing rooms. The facility serves as a fantastic anchor for the club, which continues to raise the bar within Canadian soccer.

www.fclondon.ca

Photo by UCLA Soccer
Kaila Novak was called up to the U20 National Team camp

Photo by FC LONDON
New Club Technical Director – Yiannis Tsalatsidis

Photo by FC LONDON
Academy Ambassadors

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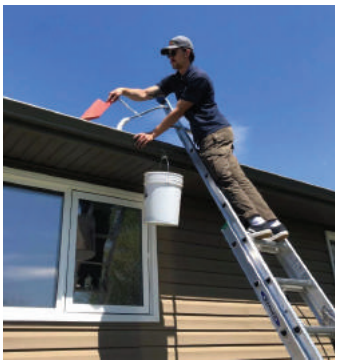

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Bolstered lineup eyes big second half

Contributions by London Knights

It was a tale of two teams in the first half for the London Knights, who entered the holiday break in second place in their division and the Western Conference overall, just one point behind the Guelph Storm, who overtook the lead in the final game before the break.

London opened the year with an impressive run of nine straight victories – nearly a month of undefeated play. There were a lot of familiar opponents during that span, with five of those nine wins coming against Owen Sound, and another two each against Windsor and Sarnia. After dropping two straight (Flint and Guelph) to end the winning streak, the Knights went 7-3 over their next 10 games to maintain a healthy first-place lead in the West.

But then there was a road bump. Coinciding in part with goaltender Brett Brochu's departure to represent Team Canada at the World Juniors (and captain Luke Evangelista for a few games while attending Canada's selectin camp), the Knights dropped four of their final five games before the holiday break, including two more against Guelph (making the storm 4-0 against London this season).

A break appeared to be just what the Knights needed, though, as the team came out of the holiday break firing on all cylinders – and with some new faces in the lineup. Russian import Kirill Steklov returned to the team for the first time since 2019-20 (he'd played in four different leagues since, and had represented Russia at this year's World Juniors before the tournament got canceled due to COVID-19). As did another defenseman, Logan Mailloux, who returned from an OHL suspension. Camaryn Baber, too, was added to the lineup – having been acquired from the Saginaw Spirit, where he was serving as team captain.

With Brochu and Evangelista also back, the result was a quick two wins to open the second half, with the Knights outscoring their opponents (Flint and Kitchener) 12-3. Steklov had an immediate impact, tallying three assists in his first game back. At press time, London held a 19-8-1-0 record through their first 28 games, good for top spot in the Western Conference. Thanks to an all-star goalie and strong defensive corps, their 74 goals against were also best in the conference.

Offensively, the Knights were led by captain Luke Evangelista in the first half. As of the second week of January, the 19-year-old had racked up 23 goals and 22 assists for 45 points in his first 24 games. His average of 1.88 points per game was second-best in the OHL. Sean McGurn was second on the team in scoring through London's first 28 games, tallying 31 points. Antonio Stranges, meanwhile, had 27 points (in just 22 games), while Cody Morgan had 26. Colton Smith led all rookies with 12 goals.

At press time, Brochu's 2.40 goals against average and .922 save percentage were both second-best in the OHL, while he was tops in the league with 18 wins.

www.londonknights.com

Brett Brochu

Developing a shot...

Contributions by Snipe Academy and photos by Greg Matthison

Shooting a puck. Sounds easy, right? Not if you're looking to develop proper technique and hone key skills to maximize your shot – and, thus, become a better hockey player.

It's a major component Snipe Academy instructors and coaches focus on, and they do so with the help of the 'RapidShot,' hockey training system, which is the only professional shooting system that measures accuracy, shot speed and reaction time. It's leading the way in hockey skills training and analytics.

Just ask the youngsters and their parents that utilize the system. Young Jack Matthison has been working on his shot at Snipe, and he's been making big strides, thanks in large part to RapidShot. What's been the process?

"We've gone through correcting Jack's shooting form in order to maximize his power and accuracy, as shown in the video assessment," says Jack's Snipe instructor, Billy Faragher. "In future sessions, we will continue to practice correct shooting form and make it a habit instead of reverting back to his original form."

And then? Faragher will work with Jack on individual shooting aspects, including shot speed (power), reaction time (how quickly he gets his shot off), and accuracy (target hit rates). The program works on one aspect per week, honing those techniques along the way.

"As he gets better," Faragher says, "we will incorporate resistance such as pass speed, pass interval and danglers to challenge him more."

The Snipe program has shown it works – and the data is there to prove it. Jack's father, Greg, is certainly a believer in the power of RapidShot.

"By getting feedback, it is easier for Jack to develop, and for me to help him continue to improve," said the elder Matthison. "RapidShot keeps stats, so it shows improvement over the weeks and months. Shooting technique can be confusing, and I think Snipe is greatly helping kids improve their game."

Jack Matthison with his coach working on his forehand and backhand shot

What else is Snipe up to? Besides continually adding top-notch instructors, many of whom have played at high levels of hockey, the Academy offers group classes which teach new skills and allow players and teams to get more reps in; Snipe also offers personalized 1-on-1 training – or 2-on-1 or 3-on-1, depending on a player's preference; and they offer goalie training, too.

As always, the Academy lives up to its original philosophy: providing real hockey training experiences (on skates, on training ice) without the cost of ice time. It's about offering smaller class sizes, excellent instruction, and a focus on honing the finer points of the game.

www.snipeacademy.com

Talented trio contributing to wins

Submitted by Komoka Kings and photos by KPH Photography

In early January, the 2021-2022 Komoka Kings sat in 2nd place in the Greater Ontario Junior Hockey League's Western Conference – among a tight division separated by very few points. While the Kings have always iced a competitive team, this one is different.

When Kings President and GM Roop Chanderdat moved the team from Forest, Ontario to Komoka, having a top-tier team that can be among the best in the Western Conference was always the goal. Past Komoka teams have been exciting – including one that pushed the powerhouse Leamington Flyers to seven games in the 2018-2019 Western Conference Semifinals, but that team, like the one before it and the one directly after, finished in the lower half of the Western Conference.

This year, the Kings have come soaring into the first half of the season, where, at the time of Christmas break, they found themselves within the top five teams in the conference. As usual, a few London Knights prospects have stood out for the Kings, with Easton Cowan, Nick Yearwood and Kaeden Johnston all playing big roles. But there have been quite a few other players leaving a mark as well.

One is forward Carter McLlwain. The 20-year-old is the captain of this year's Kings team, in his final year of GOJHL eligibility. He played the 2019-2020 season with the Listowel Cyclones, in the Midwestern Conference (and, of course, didn't play a game in 2020-2021 due to the pandemic). McLlwain, whose younger brother, Jackson, is also on the team, has led the Kings not only off the ice, but on it as well, posting 20 goals and 15 assists for 35 points in his first 25 games. And he's become a guy that head coach Adam Casey can rely on in big moments, as he's scored five game-winning goals (plus two shootout winners).

On defence, Chris Crocker has been a rock ever since joining the Kings. Crocker was a member of the Toronto Nationals during his minor hockey days and was a U18 pick of the OHL's Saginaw Spirit. Now attending Western University, Crocker has been steady and reliable defensively and has contributed offensively, as well, while playing a major role on the power play.

In goal, Omar Hage has been putting up stellar numbers all season long. Hage was a 2020 pick in the U18 OHL Draft by the Hamilton Bulldogs (early in the second round). After being an affiliated player with the Kings in 2019-2020, he signed for the pandemic-lost season, but rejoined the Kings this year. He put up a .919 save percentage in his first 16 games this year, posting multiple 45-plus save performances.

The Kings are usually in action Saturday nights at the Komoka Wellness Centre, with puck drop at 7:15pm. Come down to the Wellness Centre to catch some great Junior B action! And stay up to date on the Kings by following on social media at @komokakings.

www.komokakings.com

The winning Kings have relied on some top talent this season, including (from left to right) forward Carter McLlwain, defenseman Chris Crocker, and goaltender Omar Hage.

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